



# Grapefruit Seed extract

Introduced 2004



## What Is It?

Grapefruit seed extract is a highly concentrated fungal and microbial balancing formula. It exerts these effects within the gastrointestinal (G.I.) tract to promote healthy microflora and gut ecology.\*

## Uses For Grapefruit Seed Extract

*Microbial and fungal balance:* A preliminary clinical trial reported that grapefruit seed extract supplements helped support healthy G.I. function and comfort. An *in vitro* study using human skin fibroblast cells indicated that grapefruit seed extract promoted healthy gram-positive and gram-negative balance. Other studies support these findings, citing that grapefruit seed extract promotes a healthy environment when exposed to a wide range of bacterial biotypes.\*

## What Is The Source?

Grapefruit seed extract is derived from the fruit and seed and is standardized to contain 40% flavones and flavonones. It has been tested for Benzethonium chloride and does not contain this contaminant. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends 1-4 capsules daily, in divided doses, with meals, with 6-8 oz of water.


## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. At this time, there are no known side effects or precautions. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Grapefruit can affect the way that the liver breaks down certain medications (for example, statins, calcium channel blockers and mood stabilizers) metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. Consult your physician for more information.

## Grapefruit Seed extract

each vegetarian capsule contains  v 2  
grapefruit (citrus x paradisi) extract (seed and fruit).....250 mg  
(standardized to contain 40% flavonoids)  
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)

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